

NAU Senior Companion Program

2012-2013

Arizona

Arizona Legislative Districts 1 - 23

PROGRAM FAST FACTS

Congressional District(s): 1, 3-9
State Legislative District(s): 1 - 23
Service Area by County/City: Apache, Coconino, Maricopa, Mohave, Navajo, and Yavapai Counties
Project Federal Share: \$611,758
Project Local Match: \$ 115,279
Community Volunteers Recruited: 140
Volunteer Hours Served: 132,351.52
Value of Volunteer Hours: \$2,657,618.52
*2011 Independent Sector Rate for the Value of a Volunteer Hour in Arizona is \$20.08

Community Need

People who have independent living difficulties have a hard time performing daily tasks and they tend to become homebound and isolated. Loneliness has shown to be a factor in functional decline and death. Recent research from the University of California, San Francisco indicated that older adults age 60 and above who report feeling lonely have a 59% greater risk of physical decline, and have a 45% greater risk of death. Senior Companions provide regular social interaction and companionship by being friendly visitors to individuals age 65 and over who are homebound, disabled, and/or isolated.

National Priority Area: Healthy Futures

- 90% of clients will be able to remain in their homes
- 70% of clients will be able to manage activities for daily living
- All clients will receive a weekly visit from a volunteer and feel less lonely
- 15 caregivers will receive weekly assistance with respite care

Program Activities

SCP volunteers serve with homebound seniors and help them with activities of daily living which may include feeding, light meal preparation, dressing, grooming, shopping, running errands, light housekeeping, or exercise. They provide companionship by talking and listening, accompanying the client to activities, a senior center, or for healthcare. They also provide grief support, help with ambulation, and assistance with mail and paying bills. SCP volunteers also provide respite care to main caregivers allowing them to get needed rest or complete personal tasks.

Program Impact

NAU's Senior Companions are dedicated and compassionate individuals who advocate for their clients and improve the quality of their lives, as demonstrated by the results reported by case managers. Because of Senior Companions:

- 94% of clients were less lonely and less socially isolated
- 94% of main caregivers were able to get needed rest
- 93% of main caregivers were able to continue providing care in home to their loved one for an additional 6 months
- 521 older adults were served

Client Anita told the station supervisor that Senior Companion Marie was the biggest reason that her quality of life had improved in the last year. "Marie is so amazing - I know that she is a volunteer, but she's my friend too," Anita said. "It means everything to me...I haven't had a friend to count on in a long time. I feel that Marie really cares for me, and we laugh together every time she comes - that's another thing that I had not had in a long time before Marie, laughter," she said. "Her kindness really shows and I thank you so much for sending her to me - it's changed my life to have her."



Mission

CSI mobilizes generations to strengthen communities through service and volunteerism.

Vision

CSI provides the largest, most diverse and effective pool of volunteers to meet the needs of communities and neighborhoods throughout Arizona.

History

The Civic Service Institute (CSI) @ NAU was established in July 2009 with the merging of the Northern Arizona Regional Gerontology Institute (NARGI) and the Institute for Future Workforce Development. Programs under the institute include the Foster Grandparent, Senior Companion and RSVP Programs as well as Youth in Action AmeriCorps and Project G.I.V.E., NAU's student volunteer program. Our goal is to incorporate all streams of National Service as well as promoting service learning and community involvement with NAU students and the general public.



In 2013, CNCS initiated the first Mayor's Day of Service which created the opportunity for mayors around the country to recognize the impact that National Service volunteers have had in their communities. Senior Companion Rhoda Hollis was recognized for her service by Mesa Mayor Scott Smith.

Partnerships

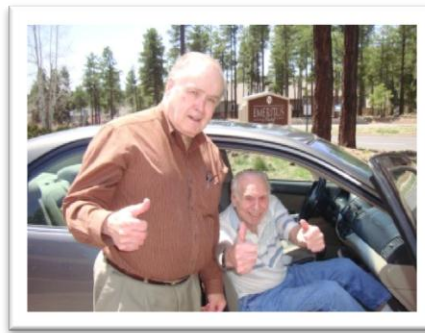
NAU's Senior Companion Program has relationships throughout the service area with agencies who serve older adults such as:

- Arizona Pioneers Home
- City of Phoenix Housing Department
- Duet (Partners in Health & Aging)
- Emeritus Senior Living
- Foundation for Senior Living
- Jewish Family Services
- Kingman Regional Medical
- Center Home Health & Hospice
- Western Arizona Council of Governments Area Agency on Aging
- Central Arizona Senior's Association
- Coconino County Community Services Department
- East Valley Adult Resources
- Flagstaff Housing Authority
- Good Sam Home Health & Hospice
- Kathryn Heidenreich Adult Center
- Northern Arizona Council of Governments Area Agency on Aging
- Winslow Council on Aging

Funders include, but are not limited to: United Way of Northern Arizona and its Northeast Chapter, River Cities United Way, the Arizona Department of Transportation, the NACOG Area Agency on Aging, and our main funding source, the Corporation for National and Community Service.

Other Information

Providing transportation to clients is one of the most critical aspects of the program.



89% of clients report they could not manage transportation without their Senior Companion volunteers.



NAU's Senior Corps Volunteers at the 2013 Flagstaff September 11th National Day of Service and Remembrance events